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A method of making a feedstock for injection molding, including the steps of: mixing at a temperature of at least 100° C polymeric materials having a thermal conductivity in the range of 0.001 to 0.01 cal/cm-sec-° C wherein the polymeric materials are selected from the group consisting of polyethylene, polystyrene, polyester, and polycarbonate or combinations thereof, and one or more materials selected from the group consisting of ceramics, ceramic composites, metals and metal alloys in a blended relationship to form a viscous phase mixture, the materials in the viscous phase mixture being selected so that when in a solid phase it has a density greater than 4 grams/cc and a thermal conductivity greater than 0.101 cal/cm-sec-° C and; cooling the blended viscous phase mixture to form the feedstock.